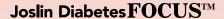
Tuesday, November 9, 2004 12:30 - 1:30 pm/1:30 - 2:30 pm/3:30 - 4:30 pm ET

Syllabus and Course Guide







STATEMENT OF NEED

The comprehensive management of the patient with diabetes must transcend glucose management and extend to the prevention, early diagnosis, and aggressive treatment of its various complications, such as painful neuropathies. Today, new tools and methods for glucose control and preventive and treatment strategies can reduce severe visual impairment, amputations, and painful neuropathies. These advances markedly improve longevity and quality of life by reducing potential sequelae for millions of patients with diabetes. Primary care providers, who see the bulk of these patients, are in a unique position to implement these new preventive and treatment interventions and significantly improve outcomes.

This educational activity will explain the pathophysiology and natural history of diabetic neuropathies. It will outline current clinical approaches to managing these conditions, along with practical methods for the diagnosis and treatment of diabetic neuropathies and other microvascular complications such as renal and ophthalmologic disease in people with diabetes.

LEARNING OBJECTIVES

Participants will be provided with evidence-based practical and clinically relevant information. At the completion of this activity, the participant should be able to:

- Recognize the clinical signs and symptoms of the spectrum of neuropathic complications seen in people with diabetes
- Prevent or diagnose the painful neuropathic complications of diabetes based on an understanding of their pathophysiology and clinical manifestations
- Diagnose and initiate treatment of autonomic neuropathies
- Treat patients with diabetic neuropathies using new, effective therapeutic modalities

TARGET AUDIENCE

This accredited activity has been developed for primary care physicians, neurologists, nurse practitioners, physician assistants, nurses, pharmacists, and other clinicians who manage people with diabetes.

CONTINUING EDUCATION (CE) INSTRUCTIONS

CME Credit Instructions through Joslin Diabetes Center

(CME credit is for physicians. Nurses, pharmacists and other medical professionals, see below for CNE/CPE credit.) Participants viewing this presentation are asked to please sign the Joslin DiabetesFOCUS™ attendance sheet.

Successful completion of this activity includes the following:

- Review this syllabus and course guide.
- Participate in the satellite broadcast or videotape activity.
- After viewing the presentation, complete the 10-question posttest* and credit application and evaluation form by one of the following methods:

Take the posttest, fill out the evaluation form and receive CME credit online on the Joslin Diabetes Center Professional Education Web site at www.ProfessionalEd.joslin.org. Under the WebCME activity listings, locate this activity, and register for the posttest. You will need to enter this passcode to complete your registration: 200405. Participants who score 70% or higher on the posttest and complete the evaluation form online can immediately print out their certificate.

OR

Complete the CME Credit Application & Evaluation for Physicians Form (located in this syllabus), including your responses for the 10-question posttest; and submit the form to the address indicated for processing. Participants who score 70% or higher on the posttest and complete the evaluation form will receive a CME certificate of credit within 4 weeks following receipt of the form.

CNE/CPE Credit Instructions through Primedia Healthcare

(For nurses, pharmacists and other medical professionals). Participants viewing this presentation are asked to please sign the Joslin DiabetesFOCUS™ attendance sheet.

Successful completion of this activity includes the following:

- Review this syllabus and course guide.
- Participate in the satellite broadcast or videotape activity.
- Complete the CE Credit Application & Evaluation Form (located in this syllabus), including the 10-question posttest.*
- Submit forms to the address indicated for processing.
- Participants who successfully complete the posttest and CE Credit Application & Evaluation Form will receive a CE statement of credit within 4 weeks following receipt of the form.

There is no fee for participation in this activity.

The estimated time for completion is 60 minutes.

*Accreditation guidelines mandate that sponsors of continuing education provide a learning assessment mechanism (posttest) that allows participants to assess their achievement of an educational activity. Please be sure to complete the posttest section of the CME or CE Credit Application & Evaluation Form to receive continuing education credit.

DISTINGUISHED FACULTY

Richard S. Beaser, MD - Moderator

Dr. Beaser is Assistant Clinical Professor of Medicine at Harvard Medical School, Boston, Massachusetts. He is also Medical Executive Director of Professional Education at Joslin Diabetes Center in Boston. In addition to his recent academic contributions to the field, Dr. Beaser has served as Section Head of Adult Diabetology Practice, and Chief of Patient Education at the Joslin Diabetes Center, as well as Medical Director of the Diabetes Treatment Unit of the Joslin Diabetes Center and New England Deaconess Hospital. He has also served as a clinical investigator for many trials of diabetes treatment, notably the Diabetes Control and Complications Trial (DCCT). Dr. Beaser has authored or coauthored *The Joslin Diabetes Manual, Outsmarting Diabetes, The Joslin Guide to Diabetes,* and *Joslin's Diabetes Deskbook*.

Vivian A. Fonseca, MD, MRCP

Dr. Fonseca is Professor of Medicine, Tullis-Tulane Alumni Chair in Diabetes, and Chief of the Section of Endocrinology at Tulane University Medical Center in New Orleans, Louisiana. He is a Fellow of the American Association of Clinical Endocrinologists, The Royal College of Physicians (London) and the American College of Physicians. He is a member of The Endocrine Society, the American Diabetes Association (ADA), and International Diabetes Federation. Dr. Fonseca serves on the Clinical Practice Committee of the ADA (current Chairman) and the joint ADA/ACC "Make the Link Program." His current research interests include the prevention and treatment of diabetic complications and risk factor reduction in cardiovascular disease. Dr. Fonseca is Associate Editor of *Diabetes Care*, and is involved as a reviewer or editor for several other journal publications.

Roy Freeman, MD

Dr. Freeman is Associate Professor of Neurology at Harvard Medical School and Director of the Center for Autonomic and Peripheral Nerve Disorders in the Department of Neurology at Beth Israel Deaconess Medical Center in Boston, Massachusetts. Dr. Freeman's clinical and research expertise is in the physiology and pathophysiology of the autonomic nervous system and small nerve fibers. He is also an authority on the neurologic complications of diabetes, the diagnosis and treatment of autonomic and peripheral nervous system disorders, and neuropathic pain. He is also Chairman of the World Federation of Neurology research group on the autonomic nervous system. Dr. Freeman is the former President of the American Autonomic Society and former Chairman of the Autonomic Nervous System Section of the American Academy of Neurology. He is also the principal investigator on National Institutes of Health-funded studies on the pathophysiology of orthostatic intolerance, and hypoglycemia and the autonomic nervous system.

FACULTY DISCLOSURE STATEMENT

ACTIVITY NAME: Diabetic Neuropathies: Current Treatment Strategies

RELEASE DATE: November 9, 2004

ACTIVITY FORMAT: National Satellite Broadcast

It is the policy of Joslin Diabetes Center to ensure fair balance, independence, objectivity, and scientific rigor in all programming. All faculty participating in CME activities sponsored by Joslin Diabetes Center are expected to present evidence-based data, identify and reference off-label product use, and disclose all relevant financial relationships existing within the past 12 months with those entities supporting the activity or any others whose products or services are discussed, including:

- any commercial product(s) or device(s)
- the manufacturer(s) of any commercial products or devices
- the provider(s) of any commercial services

If a faculty member has no information to disclose or refuses to do so, this information will also be provided.

The opinions and comments expressed in this activity are those of the speakers and should not be considered the opinions or comments of the Joslin Diabetes Center or PRIMEDIA Healthcare.

The faculty of this activity have disclosed the following:

- Dr. Beaser is a consultant for Amylin Pharmaceuticals, Aventis Pharmaceuticals, and Wyeth Pharmaceuticals.
- Dr. Fonseca has grant/research support from and is a consultant for Aventis Pharmaceuticals, Eli Lilly and Company, GlaxoSmithKline, Pfizer Inc, and Takeda Pharmaceuticals North America, Inc.
- Dr. Freeman has grant/research support from and is a consultant for Eli Lilly and Company, Ortho-McNeil Pharmaceutical, Inc., and Pfizer Inc. He also has grant/research support from Asta Medica, and is on the speakers bureau for Pfizer Inc and Shire US Inc.

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CME/CE CREDIT POSTTEST

Participants must score 70% or higher on this posttest to receive credit. Please see Credit Information page for types of credit offered.

Diabetic Neuropathies: Current Treatment Strategies

Activity EDA Number 556-0040-05

Please select only one answer to each question.

1. Types of diabetic neuropathy include:

- A. Proximal sensory loss
- B. Weakness in the toes
- C. Respiratory muscle weakness
- D. Isolated cranial nerve paralysis
- E. Night blindness/tunnel vision

2. Mechanisms involved in the development of diabetic neuropathy include:

- A. Sorbitol accumulation
- B. Hypoglycemia
- C. Hypokalemia
- D. Nerve damage caused by hyperinsulinemia
- E. Carbamylation of proteins

3. Clinical features of diabetic peripheral neuropathy include:

- A. Sensory loss in a "glove and stocking" distribution
- B. Deep-seated pain
- C. Wasting of the small muscles of hands and feet
- D. Loss of balance
- E. All of the above

4. Which of the following is an important consideration in the treatment of diabetic neuropathy?

- A. Good glycemic control leads to rapid reversal of neuropathy.
- B. Good glycemic control may lead to a transient worsening of symptoms.
- C. Symptoms of autonomic neuropathy cannot be corrected.
- D. There is no approved treatment for sensory loss.
- E. Neuropathy leads to cognitive dysfunction.

5. Cardiovascular autonomic neuropathy is associated with all but which of the following?

- A. Heart rate changes
- B. Hypertension
- C. Silent ischemia
- D. Loss of circadian patterns
- E. Exercise intolerance

CME/CE CREDIT POSTTEST

- 6. Diabetic amyotrophy is a:
 - A. Myopathy
 - B. Myelopathy
 - C. Wasting syndrome
 - D. Muscular dystrophy
 - E. Neuropathy
- 7. The enzyme that catalyzes the formation of sorbitol from glucose is:
 - A. Sorbitol dehydrogenase
 - B. Protein kinase A
 - C. Hexokinase
 - D. Aldose reductase
 - E. Protein kinase C
- 8. The prevalence of clinically evident generalized neuropathy after 25 years of diabetes is:
 - A. 5%
 - B. 10%
 - C. 25%
 - D. 50%
 - E. 75%
- 9. Which of the following is a feature of a small fiber neuropathy?
 - A. Pain and temperature perception loss
 - B. Vibration and position perception loss
 - C. Areflexia
 - D. Weakness
 - E. Nerve conduction abnormalities
- 10. Gabapentin and pregabalin bind to a subunit of which of the following channels?
 - A. Potassium
 - B. Calcium
 - C. NMDA
 - D. Sodium
 - E. Magnesium

CREDIT INFORMATION

This syllabus is designed to be used in conjunction with the facilitated satellite broadcast and videotape activity titled **Diabetic Neuropathies: Current Treatment Strategies** (EDA 556-0040-05), by Joslin Diabetes Center and PRIMEDIA Healthcare. PRIMEDIA Healthcare is a division of PRIMEDIA Workplace Learning.

PHYSICIANS

The Joslin Diabetes Center, Boston, is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education (CME) for physicians. The Joslin Diabetes Center designates this educational activity for a maximum of 1.0 category 1 credits toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity. This CME activity was planned and produced in accordance with ACCME Essentials.

NURSES

This activity for 1.2 contact hours (1.4 for self-study) is provided by PRIMEDIA Healthcare, a division of PRIMEDIA Workplace Learning, which is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Accreditation by the American Nurses Credentialing Center's Commission on Accreditation refers to recognition of educational activities and does not imply approval or endorsement of any product. This activity is also accredited for continuing nursing education in the following states which do not recognize ANCC credits: Alabama Board of Nursing (provider number ABNP0529), California Board of Registered Nursing (Provider approved by the California Board of Registered Nursing, Provider Number CEP10783, for 1.4 contact hours), Florida Board of Nursing (provider number FBN 2552).

PHARMACISTS

PRIMEDIA Healthcare, a division of PRIMEDIA Workplace Learning, is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.



CPE Credit: 1.0 contact hour or 0.10 CEUs

© Universal Program Number: 775-000-04-040-HO4 recorded/self-study

For questions pertaining to the content of this activity, please contact Joslin Diabetes Center's Professional Education Office at 888-567-5460, or the Director of Education for PRIMEDIA Healthcare at 800-624-2272, ext. 5312.

SATELLITE BROADCAST

Diabetic Neuropathies: Current Treatment Strategies

CME CREDIT APPLICATION & EVALUATION FORM FOR PHYSICIANS

Joslin Diabetes Center, Boston, is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education (CME) for physicians. The Joslin Diabetes Center designates this educational activity for a maximum of 1.0 category 1 credits toward the AMA Physician's Recognition Award.

Joslin Diabetes Center offers two methods to receive CME credit. Your evaluation is necessary to receive continuing medical education credit and to assist in planning future activities.

1. Take the posttest and fill out the evaluation form online to receive CME credit on the Joslin Diabetes Center Professional Education Web site at www.ProfessionalEd.joslin.org. Under the WebCME activity listings, locate this activity and register for the posttest. You will need to enter the following 6-digit passcode to complete your registration: 200405.

OR

PLEASE PRINT CLEARLY.

 Take the posttest and fill out this CME Credit Application and Evaluation form to request CME credit by mail or fax. Please fill in the posttest responses and the appropriate squares on the rating scales in black or blue ink and return this application and evaluation form to: PRIMEDIA Healthcare, 4101 International Parkway, Carrollton, TX 75007 Phone: (888) 466-3250. Fax: (972) 309-4580.

Name (First, Middle Initial, Last):	
Degree:	Date of Participation:
Affiliation:	
Telephone Number:	Fax Number:
E-mail Address:	nours): (rounded to the nearest quarter hour)
Length of time to complete activity (nours): (rounded to the nearest quarter hour)
POSTTEST RESPONSES Minimum score of 70% is required to	pass and receive CME credit.
1 2 3 6 7 8	4 5
6 7 8	9 10
Please indicate your professional cred ☐ MD/DO ☐ Nurse Practitions ☐ Dietitian ☐ Pharmacist	ential: (choose only one) er
Please indicate your area of practice s ☐ Family/General Medicine ☐ ☐ Nephrology ☐	pecialty: (choose only one) Internal Medicine Endocrinology Neurology Other: Please specify
☐ Inpatient hospital setting ☐	the following setting (choose only one): Managed care/HMO/group setting University/academic setting Other: Please specify
OVERALL QUALITY OF PRESENTATION	
Your prior knowledge of the topic Relevance to your educational needs Ouality of presentation	

	TIVITY IN GENERAL					
_	ase indicate your agreement or disagreement with the following statements.	Agre				sagree
1. 2.	The activity met my educational needs. After participating in this activity, I am able to:					
۷.	Recognize the clinical signs and symptoms of the spectrum of					
	neuropathic complications seen in people with diabetes					
	• Prevent or diagnose the painful neuropathic complications of diabetes based on an					
	understanding of their pathophysiology and clinical manifestations					
	Diagnose and initiate treatment of autonomic neuropathies					
_	• Treat patients with diabetic neuropathies using new, effective therapeutic modalities	_				
3.	The scope, depth, and level of activity content were appropriate.					
4.	The content of the activity reflected a fair, balanced review of the selected topics.	П	Ц		Ц	Ц
5.	As a result of this activity, I will modify some aspect of managing patients					
•	with diabetes who are at risk for microvascular complications and who have diabetic ne			_	_	_
6.	If you would modify patient management, which of the following would be included? (that a	pply)	
	Target recommended A1C goals more aggressively					
	Utilize the microalbumin measurement as a diagnostic tool					
	More aggressively treat hypertension in people with diabetes					
	Recommend regular ophthalmologic evaluations Parallelly agree of the size and agreement of dishatis a comparable group.					
	 Regularly screen for signs and symptoms of diabetic neuropathy more More aggressively treat painful diabetic neuropathy 					
	Other:					
7.	How many miles did you travel (one way) to attend this activity?					
		50+				
8.	How did you hear about this activity? (choose all that apply)					
	3.1	E-n	nail			
_	☐ Journal ad ☐ Telephone ☐ Other: Please specify:					
9.	I selected this activity because of(please choose all that apply)	h				
	☐ Activity content ☐ CME credit ☐ It was a Joslin Diabetes Center activit☐ Location ☐ Time and date ☐ Speakers	ty				
10.	I would like to see the following topics addressed in future Joslin activities: (please cho	ose a	ll that	ann	v)	
	☐ Oral therapy of diabetes ☐ Use of insulin ☐ Thyroid disease			. арр	y <i>)</i>	
	☐ Lipid disorders ☐ Intensive insulin therapy ☐ Osteoporosis					
	☐ Hypertension ☐ Diabetic nephropathy ☐ Erectile dysfun	ction				
	☐ Vascular health ☐ Diabetic foot problems ☐ Mental health		s in di	abete	es	
	☐ Stroke ☐ Diabetic neuropathy ☐ Patient adhere					
	☐ Cardiovascular complications ☐ Diabetic eye disease ☐ Type 2 diabete ☐ Obesity ☐ Women and diabetes ☐ Diabetes and h					
	☐ Obesity ☐ Women and diabetes ☐ Diabetes and h☐ Other:	leart	iaiiur	e		
11.	Regarding your use of Web-based activities to earn CME credits:					
	☐ I use the Web frequently to earn CME credits and would continue to use it often or it	increa	ase us	e		
	☐ I use the Web occasionally to earn CME credits and am interested in increasing use					
	☐ I use the Web occasionally to earn CME credits and am not interested in increasing u	se				
	☐ I do not use the Web to earn CME credits but am interested in using it					
42	I do not currently use the Web to earn CME credits and am not interested in using it					
12.	Answer this question only if you have participated in Web-based CME: A. What Web sites have you used to obtain CME credit? (choose all that apply)					
	☐ Medical associations ☐ Commercial CME portal sites					
	☐ Academic/research institutions ☐ Government Agencies					
	☐ Professional organizations/medical societies ☐ Medical journals' Web sites					
	☐ Other: Please specify					
	B. Have you participated in a Web-based CME activity on Joslin's Professional Education \	Neb s	ite at			
	www.professionaled.joslin.org?					
	☐ Yes ☐ No, not aware it existed ☐ No, but am aware it exists		. 1. 3			
	C. Which of the following Web-based CME activity formats do you prefer? (choose all the			1 1		
	☐ Text-only ☐ Text with slides ☐ Slides with audio ☐ Slides with ☐ Other: Please specify:	viueo	• 🗆	ı ın.	eract	ive
13.	Any other general comments about the activity:					
	, ee. general commence about the activity.					

CE CREDIT APPLICATION & EVALUATION FORM

NAME (First MI Last) Please pr	int clearly		Spe	ecialty		Date Completed		
Facility Name			SSN	l (for internal tra	cking only))		
Facility Address			Da	Daytime Phone		Fax Number		
City, State, Zip			Em	Email Address				
Diabetic Neuropathies: C	Current Tre	atment: Strategi	es					
Program Title								
Length of time to comple	ete prograi	m:						
Did you watch the progr			☐ In a Gro	NID FDΔ#	556-004			
Did you water the progr				•				
	u 0	n Videocassette	☐ Alone	EDA#	556-004	:0-05		
License Number	Discip	oline Code Pos	ition Code	Particip	ant's Sigr	nature		
VERY IMPORTANT	See in	structions on next pa	age	To verify	your atte	ndance		
POST TEST RESPONSES (Test	may have fe	wer than 10 questio	ns.)					
1								
2.			Minimum s	core of 70% re	quired to	pass and receive CE	credit.	
3					•	<u> </u>		
4								
5								
PARTICIPANT EVALUATION -	Planca circla	the response that m	atchas vaur anir	sion shout this n	roaram'			
PARTICIPANT EVALUATION -	riease circle	•	Strongly Agree		Ogram. Disagree	Strongly Disagree		
1. The educational objectives	were met (se			7.9.00	J.Jug.cc	Strongly Disagree		
Objective #1			4	3	2	1	N/A	
Objective #2			4	3	2	1	N/A	
Objective #3 Objective #4			4 4	3 3	2 2	1	N/A N/A	
2. The educational objectives	were related	to the overall purpo	·-	3	2	1	N/A	
3. The presenter(s) demonstra				_	2	·	IV/A	
Presenter #1	iteu expertise	e in the subject matte	4	3	2	1	N/A	
Presenter #2			4	3	2	1	N/A	
Presenter #3			4	3	2	1	N/A	
4. The instructional process (t	eaching strat	egy) was of high qua	ility. 4	3	2	1	N/A	
5. The activity was fair, balance	ced, and free	of commercial bias.	4	3	2	1	N/A	
6. The physical facilities were appropriate (if applicable).			4	3	2	1	N/A	
7. The activity enhanced my professional effectiveness.			4	3	2	1	N/A	
8. The topics were current an	d relevant to	my practice.	4	3	2	1	N/A	
9. The supplemental written i	materials wer	e useful.	4	3	2	1	N/A	
10. Overall, the activity was ef	fective and m	et my expectations.	4	3	2	1	N/A	
Comments/Future Topics:						rm to: 972.309.458 6	0	
				or mail to:				
						nternational Parkw	ay	
						lton, TX 75007		
				Questions:	888.46	6.3250		

DISCIPLINE CODES INSTRUCTIONS

Some of our programs are accredited for more than one discipline. To ensure that we issue each participant a certificate by the appropriate accrediting body, we ask that you supply us with the following information:

1. The two-digit discipline code EXAMPLE - for medical doctor: 1 0 M D

2. Followed by the position code

DISCIPLINE	DISCI- PLINE CODE	POSI- TION CODE	POSITION
Physician (CME)	10 40	DO MD OP	Doctor of Osteopathy Medical Doctor Other Medical
			Professional
Administrator	12	HA ADM OA	Hospital Administrator LTC Administrator Other Administrator
Pharmacy	13	PH PA	Pharmacist (Pharm D) Pharmacy Technician
Dietitian	14	RD DTR	Registered Dietitian Dietetic Technician
Dietary Manager	15	DOD	Dietary Manager
Counseling	16	MHC SW OCT	Mental Health Counselor Social Worker Other Counselor/Therapist
Laboratory	17	LT	Laboratory Technician/Prof.
Physical Therapy	18	PT PTA	Physical Therapist Physical Therapy Assistant
Occupational	19	ОТ	Occupational
Therapy		ОТА	Therapist Occupational Therapy Assistant
Respiratory Therapy	20	RT	Respiratory Therapist
Medical Records	21	RHA	Health Information Administrator
		RHT	Health Information Technician
		CCS CCP	Coding Specialist Coding Specialist, Physician-based

DISCIPLINE	DISCI- PLINE CODE	POSI- TION CODE	POSITION
Radiology	22	RAD	Radiologic Technologist
Sonography	23	MS	Medical Sonographer
Athletic Trainer	24	AT	Athletic Trainer
Healthcare Quality	25	HQP	Healthcare Quality Professional
Activity Professional	26	ADP ADC AAC ACC	Professional Activity Director Activity Director Activity Assistant Activity Consultant
Nurse (CNE)	30	RN NP LPN CNA	Registered Nurse Nurse Practitioner Licensed Practical Nurse (or LVN) Certified Nursing Assistant Other Nursing Professional
Psychology	33	PSY	Psychologist (non-MD)
Case Managers	35	ССМ	Certified Case Manager
Certified Nursing Assistant	45	CAN	Certified Nursing Assistant
Emergency	46	EMS	Emergency Medical
Medical Services			Services
Health Unit Coordinator	55	CHUC	Certified Health Unit Coordinator
Other	27	ОТН	Other (please indicate)